January 2020 - James McCorkel - Jim was certified as a teacher of qigong and tai chi by the Institute for Integral Qigong and Tai Chi on September 11, 2011, and is a member of the National Qigong Association (nqa.com). To register for the January class, email Jim at:jim.mccorkel@me.com

February 2020 - Maxine Forster Guenther - Maxine teaches regularly; she certified in the 200 hour Qigong teacher training with Dr. Roger Jahnke at Omega Institute in 2003 and has added numerous hours of practice and study with many fine Qigong teachers since then.   To register for the February class, email Maxine at: qigongomi@yahoo.com   See her website for information about Qigong: qigongforgoodhealth.org

March 2020 - Kat Grausso - Kat is a community leader of QiGong, certified through the Integral Institute for QiGong and Tai Chi.   To register for the March class, email Kat at: katqigong@optimum.net

April 2020 - Melinda Applegate - Melinda Applegate became a certified Qigong instructor in 2015 with her teacher Lee Holden from the Santa Cruz Chi Center where she learned the Five elements style transmitted from his teacher, Mantak Chia.   Melinda has studied with various masters over the years. Dr. Roger Jahnke, Daisy Lee and Robert Peng are among her favorites. To register for the April class, email Melinda at: melinda_applegate@yahoo.com

May 2020 - Jeanne Daumen - Jeanne is a certified Qigong instructor under Medical Qigong Practitioner, Herbalist, and Acupuncturist Deborah Davis. To register for the May class, email Jeanne at: giveqihugs@gmail.com

June 2020 - Robert Lavin - Bob is an Integral Qigong Practice Leader certified by the Institute of Integral Qigong and Tai Chi.   To register for the June class email Bob at: Rlavin464@comcast.net

Community Room, Unitarian Universalist Congregation
of Monmouth County
1475 West Front Street,
Lincroft, New Jersey 07738

COST: $40 per month (4 class series)

If you cannot afford the fee for the one-month series, please see the instructor for that month, so we can make some adjustment in cost